

Trailside: Make Your Own Adventure, the longest running outdoor "how-to" adventure series on Public Television. Episode Guide. All episode details can be found on the archived website <https://web.archive.org/web/20050301000000*/http://www.trailside.com/>

- 101 Mountain Biking in Utah
- 102 Sea Kayaking in Baja
- 103 Rock Climbing in California
- 104 Rainforest Hiking in Puerto Rico
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- 113 Hiking and Camping in Alaskan Bear Country

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- 305 Jungle Hiking In Costa Rica
- 306 Mountain Biking Colorado's 10th Mountain Trail
- 307 More Wilderness 911

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- 310 Ski Touring California's High Sierra
- 311 Rock Climbing In The Adirondacks
- 312 Paddling And Poling Louisiana's Bayou Country
- 313 Winter Camping In Yellowstone National Park
- 314 Desert Hiking Big Bend, Texas
- 315 Sea Kayaking With Orcas

- 401 Climbing Bolivia's Huayan Potosi - Parts 1 & 2

- 403 Dogsledding in Minnesota
- 404 Cross Country Skiing, Grand Canyon's North Rim
- 405 Sea Kayak New York City
- 406 Snowboarding in Utah's Wasatch Range
- 407 Paddle Rafting in West Virginia
- 408 Mountain Biking in the Australian Outback
- 409 Sea Kayaking in Australia
- 410/411 Family Wilderness Adventure, Parts 1 & 2
- 412 Bike Touring in Vermont
- 413 Canoeing The Missouri River, Montana
- 414 Climbing the Needles of South Dakota
- 415 Biking in Missouri

- 501 Mountain Biking in Nebraska
- 502 Hiking and Paragliding in Snowdonia, Wales
- 503 Heli-Hiking in The Yukon Territory
- 504 Winter Adventure in Southern Utah's Canyon Country
- 505 Biking the Road to Santiago De Compostela
- 506 Canada--An Adventure For Everyone (Manitoba)
- 507 Quebec Summer Adventure
- 508 Exploring the Northwest Territory
- 509 Sea Kayaking in the Bay of Fundy off the Coast of New Brunswick
- 510 The Wild Rivers of Saskatchewan and Alberta
- 511 Ocean Kayaking and High Adventure Hiking in Newfoundland
- 512 Backcountry Canoeing and Camping in Algonquin Provincial Park, Ontario
- 513 Horsepacking 'The River to River Trail' in Southern Illinois
- 514 Whitewater Kayaking on the Deerfield River, Massachusetts
- 515 Family Paddle Rafting on the Salmon & Snake Rivers in Idaho

- 601 Leave No Trace' Camping in Alaska's Wrangell-St. Elias National Park
- 602 Horse Packing in Wyoming's Absaroka Mountain Range
- 603 Sailing and Diving in the Florida Keys
- 604 Llama Trekking in Montana's Flathead National Forest
- 605 Bonefishing in the Florida Keys
- 606 Desert Hiking and Rappelling in Utah
- 607 Kayaking the Grand River, Ohio
- 608 Glacier Hiking in Alaska's Wrangell-St. Elias National Park
- 609 Summer Adventure in Northern Maine
- 610 Mountain Biking in South Central PA
- 611 Rowing the Charles River, Massachusetts
- 612 Whitewater Kayaking and Mountain Biking in Maryland
- 613 Rock Climbing in Nevada
- 614 Canoeing/Hiking Along the New York State Canals
- 615 Hiking and Canoeing in the Ozark Mountains

- 701 Whitewater Rafting and Rappelling in Alabama
- 702 Oregon Winter Adventure
- 703 Cross Country Skiing in West Yellowstone, Montana
- 704 Fly Fishing the Upper Sacramento River

705 Family Camping & Canoeing in Florida's Jonathan Dickinson State Park
706 Streamwading the Quinebaug River in Connecticut
707 Fly Fishing in Mt. Shasta, California
708 Swimming with Florida's Manatees
709 Horsepacking Michigan's Shore to Shore Rider's Trail
710 Backpacking and Canoeing Zaleski State Forest of Central Ohio
711 Hiking and Sea Kayaking America's Northernmost Sea Border
712 Backpacking Tennessee's Chestnut Mountain Range
713 Snowshoeing and Howling for Wolves in Minnesota
714 Cross Country Skiing in Northern Vermont
715 Ocean Sailing in Florida
716 Horseback Riding in the Arizona Desert
717 Trekking the Mayan Ruins in the Guatemalan Rain Forest
718 Hiking Coast to Coast from North Carolina to California
719 Off-Shore Fly-Fishing in Louisiana
720 Canoeing the Atchafalaya Basin in Louisiana
721 Paddling and Horsepacking in Florida and Oregon

801 White Water Rafting The Green River Through Dinosaur National Monument
802 Covered Wagon Trek
803 Observing Bugling Elk in the Grand Tetons
804 Paddling and Hiking Southern New Jersey's Coastline
805 Fly-Fishing Northeastern Utah
806 Mountain Biking the Cranberry Wilderness, West Virginia
807 Hiking and Caving in North Carolina
808 Canoeing the Chesapeake Bay
809 Fly-fishing in Jackson Hole, Wyoming
810 Cross-Country Skiing in Idaho Pt. #1
811 Snow-shoeing the Back Country
812 Hiking in British Columbia
813 Kayaking Tampa Bay
814 Scuba Diving in John Pennekamp State Park
815 Mountain Biking the Cranberry Wilderness, West Virginia
816 Hiking in Yellowstone Park

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903 Paddling and Hiking Southern New Jersey's Coastline
904 Fly-Fishing Northeastern Utah
905 Hiking and Caving in North Carolina
906 Fly-fishing in Jackson Hole, Wyoming
907 Cross-Country Skiing in Idaho Pt. #1
908 Snow-shoeing the Back Country Pt. #2
909 Canoeing the Chesapeake Bay
910 Hiking in British Columbia
911 Kayaking Tampa Bay
912 Mountain Biking the Cranberry Wilderness, West Virginia
913 Covered Wagon Trek
914 Hiking in Yellowstone Park

915 Scuba Diving in John Pennekamp State Park

- 1001 Backcountry Skiing in Colorado
- 1002 Sea Kayaking the Maine Island Trail
- 1003 Trekking In Iceland
- 1004 Cross Country Skiing, Grand Canyon's North Rim
- 1005 Canoeing/Hiking Along the New York State Canals
- 1006 Swimming with Florida's Manatees
- 1007 Sea Kayaking With Orcas
- 1008 Bike Touring in Vermont
- 1009 Rock Climbing in Nevada
- 1010 Hiking in British Columbia
- 1011 Kayaking Tampa Bay
- 1012 Mountain Biking the Cranberry Wilderness, West Virginia
- 1013 Glacier Kayaking in Alaska
- 1014 Hiking in Yellowstone Park
- 1015 Scuba Diving in John Pennekamp State Park

Books

Trailside's Make your Own Trail Food
Hiking & Backpacking: A Trailside Guide
Advanced Backpacking: A Trailside Guide
Scuba Diving: A Trailside Guide
Canoeing: A Trailside Guide
Kayaking: A Trailside Guide

Season 1: Anyplace

101 Wilderness Survival School: Staying Alive In California

Host John Viehman teams up with Peter Hillary (son of Sir Edmund) and John Harlin III, to backpack through New Zealand's Mt. Aspiring National Park.

102 Pinnacles of Ice: Winter Climbing in New Hampshire

103 Depths of Wonder: Low-Impact Caving in Arkansas

104 A Little River Music: Kayaking Utah's Green River

A whitewater ride on Utah's Green River with a group of string musicians from the Los Angeles Philharmonic Orchestra.

105 River of Blue Ice: Climbing Mt. Olympus, Washington

106 Into The Maya Mountains: Jungle Hiking In Belize, Part One

107 Hill Of Many Tombs: Jungle Hiking In Belize, Part Two

108 Long Live Longboards: Skiing the "Lost Sierra", California

109 Canoeing The Borderline: Boundary Waters, Minnesota/Ontario

110 In The Wake Of The Voyageurs: Canoeing On Lake Superior, Minnesota/Ontario

Host Viehman and company tell the story of early fur traders. They also meet some modern voyageurs who re-create 1800s wilderness travel with huge 36-foot canoes, period clothing, and the feisty, pioneering spirit needed to tackle Lake Superior's fickle wind and waves.

111 Valley of the Green Giants: Rainforest Hiking in Washington

112 Echoes Of A Log Drive: Whitewater Canoeing Maine's Machias River

Host John Viehman joins Maine guide Martin Brown for a journey by pole, paddle and portage down the Machias River, retracing the river's famous log drives with master river driver Bob Wright's firsthand account of that era.

113 Across the Lunar Lava: Desert Hiking in Mexico

Season 2

201 Islands In Time: Rowing To Matinicus Rock, Maine

202 A Veritable Bugaboo: Mountaineering In Canada's Bugaboo Provincial Park

John takes a rugged sea kayaking tour with famed Scottish paddling pioneer Derek Hutchinson along the craggy Farne Islands on the east coast of the United Kingdom.

203 From Cormorants To Castles: Sea Kayaking England's North Sea, Part One

John and Derek continue their paddling trip through England's Farne Islands, battling unpredictable weather and fierce North Sea currents.

204 In The Wake Of Saints: Sea Kayaking England's North Sea, Part Two

205 Heavenly Sights In Hell Below: Caving In New Mexico's Guadalupe Range

Annie descends into the depths of two New Mexico caves with expert caver and cave photographer Peter Jones, cave restoration expert Lois Lyles, and geologist Dave Jagnow.

206 Two Kids, Two Dads, And 10,000 Islands: Family Canoeing In The Florida Everglades

John Viehman takes a canoe trip through the Florida Everglades with his 10-year-old daughter Haley, and they see where early settlers braved the mosquitoes and frequent floods to eke out a living.

207 Alps Of The East: Telemark Skiing In Quebec's Gaspé Peninsula

Annie goes on a hut-to-hut backcountry ski adventure through the Chic-Choc Mountains. This remote region retains the least diluted French culture in all of Canada.

208 *Islands That Built America: Sea Kayaking Maine's Penobscot Bay*

John and Annie go sea kayaking among Maine's rocky islands, which are now the focus of preservation efforts.

209 *Wild, Scenic, and Troubled: Kayaking The Chattooga River, South Carolina/Georgia*

The exquisite beauty and challenging whitewater of the Chattooga, which winds its way down the Georgia-South Carolina border, also tells a deeper story. Despite its designation as "wild and scenic," the river is seriously polluted.

210 *West Matukituki Ramble: Trekking and Climbing In New Zealand's South Island, Part One*

John Viehman teams up with Peter Hillary and John Harlin for a trek up the Matukituki River through Mt. Aspiring National Park, en route to an ascent of one of New Zealand's Southern Alps.

Sons Of The Mountaineers: Trekking and Climbing In New Zealand's South Island, Part

211 *Two*

Viehman learns what it's like to come from a line of climbers and how that has affected Hillary's and Harlin's own climbing careers, risk-taking decisions, and family lives.

212 *Highland Hillwalking: Hiking Scotland's Knoydart Peninsula*

Annie Getchell revisits the land of her forebears on a hiking trip through Knoydart Peninsula in western Scotland, still sparsely inhabited, and with almost no road access.

**213 *Pedaling Pisgah: Backcountry Bicycling in North Carolina*
*Season 3***

301 *The Ultimate Hideaway: Canyoneering the Southwest.*

A combination of backpacking, wading, swimming, scrambling, technical climbing, rappelling, and canyoneering may be viewed as mountain climbing in reverse.

302 *Pacific Ocean Sleigh Ride: Outrigger Canoeing in Hawaii*

A two-day voyage from the black-sand beach at Punaluu down and around Ka Lae, the southernmost point in the United States.

303 *Chasing Thoreau's Ghost: Canoeing and Hiking in Maine*

Travel along some of the wildest remaining stretches of Thoreau's route and see how things have changed here, for better and worse.

304 *Life On A Big Wall: Climbing in Utah*

Co-host Annie Getchell joins Moab climbing guide Stephanie Davis to tackle the imposing sandstone face of Moonlight Buttress in Zion National Park, Utah.

305 *Search For The Ancient Chugach: Sea Kayaking in Alaska*

A search for the former fur-trading post at Chugach, used by Russian, English, and Scottish explorers, centering on spectacular Hinchinbrook Island.

306 *Cove To Cove On The Kona Coast: Swimming Hawaii's Big Island*

Annie Getchell joins author-paddler Audrey Sutherland, who describes herself as "70-something," and they snorkel down the coast.

307 *After The Big Blast: Volcano Hiking in Washington*

A circumnavigation of the now-slumbering Mount Saint Helens, which erupted on May 18, 1980, killing 60 people and destroying enough timber to build 600,000 homes.

308 Mush, You Huskies!: Dogsledding the Minnesota

Co-host Arlene Burns goes on a dogsledding adventure in the North Woods and learns about the traditional uses of dogs and sleds as a vital mode of travel, exploration, and trade in the frozen north.

309 10 Years After Exxon Valdez: Sea Kayaking Prince William Sound, Alaska

John Viehman kayaks the southwest region of Prince William Sound, the area most heavily affected by the 1989 Exxon Valdez oil spill, accompanied by the director and organizer of the group that spent five months after the spill rescuing wildlife.

310 *Walking The Waves: Hiking Washington's*

A hike along the rugged tide-swept beaches of Washington's Olympic Peninsula, still the largest relatively undisturbed wilderness coastline in the entire lower 48.

311 *Saved By The Wood Butcher: Snowshoeing in New Hampshire*

The recent boom in the sport of snowshoeing indicates a popular winter "escape."

312 Over The Rainbow Range: Hiking in British Columbia, Part One

Travel in the wake of explorer Alexander Mackenzie, the first European to record a journey across North America, some 12 years before the much better-known (at least to Americans) Lewis and Clark expedition.

313 First Across North America: Hiking in British Columbia, Part Two

More in the steps of explorer and fur-trader Alexander Mackenzie and a contrast/comparison with the expedition of Lewis and Clark some 12 years later.

Season 4

Where Kayaking Came of Age: Whitewater Kayaking the Wild and Scenic Lochsa River,

401 Idaho

Arlene Burns joins veteran paddler Rob Lesser for a kayaking trip down the wild Lochsa, one of the premier whitewater kayaking destinations in America.

402 *Highways of Prehistory: Maine's Ancient Native Trails*

Annie and guest Barry Dana of Maine's Penobscot Nation retrace his people's traditional movements up and down the Penobscot River.

403 Lost in the Outback: Canyoneering in Karijini National Park, Western Australia

Explore the western edge of the Outback: Karijini National Park in the Pilbara region of western Australia, a vast, sparsely populated inland region steeped in the lore of bush tuckers and jolly swagmen.

404 *Prisoner's Paddle: Sea Kayaking Tasmania's Freycinet Peninsula and Mariah Island*

Tasmania is one of the most beautiful states in all of Australia. But during the 1700s, it had the dubious distinction of hosting some of the harshest penal colonies in the world.

405 Wilderness at Exit 28: Canoeing the New Jersey Pine Barrens

New Jersey, the most densely populated state in the nation, holds the largest wild area on the East Coast—a million-acre chunk of arid pine forests, cedar swamps, and twisty little rivers.

406 Early Days on the Wall: Big Wall Climbing in Yosemite National Park, California

Adventurer John Harlin and guest Allen Steck tackle some of the park's most daunting big wall climbs while learning about the evolution of the sport.

Behind the Scenes with Anyplace Wild: Big Wall Climbing, Yosemite National Park,

407 California

Big-wall climbing in Yosemite involves dangling off cliffs hundreds of feet above the valley floor. It's nerve-wracking enough just to pull your own body along—but the series cameraman had to do it while holding and focusing a camera.

408 *World's Wildest Highway: Mountain Biking the Yukon's Dempster Highway, Canada*

John and his biking companion, Jon Dorn, pedal the only highway to cross the Arctic Circle: the Dempster Highway, a 450-mile gravel road that runs from the Yukon's Dawson City to the village of Inuvik in the Northwest Territories.

409 *Buffalo Badlands: Hiking in Teddy Roosevelt National Park, North Dakota*

Arlene Burns and educator, naturalist, and author Bob Steelquist journey through the Badlands of North Dakota in search of one of the most powerful icons of the Old West: the North American bison. Once nearly extinct, the bison has made a phenomenal comeback.

410 *Muir Scrambles: Hiking on the Heels of John Muir in the High Sierra, California*

Annie Getchell and Scottish outdoorsman Cameron MacNeish track legendary Scottish explorer John Muir, visit some of his old stomping grounds, and take a look at the environmental legacy he left behind.